



**Kittie Spedding,**  
MS, RD, CD-N

Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?

Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Kittie Spedding can help you and your family, contact her directly at:  
[KittieSpedding@gmail.com](mailto:KittieSpedding@gmail.com)  
(860) 420-9660



**Store Tour**



**Event Table**



**Cooking Demo**



**Support Group**

# Nutrition Events at Big Y®

Kittie Spedding is a registered dietitian available in a handful of Big Y locations in Connecticut to provide workshops and supermarket tours to community groups for **FREE**.

## CONNECTICUT SCHEDULE APRIL 2018

**April 4**

### ***Bariatric Nutrition***

6:00 – 7:15 PM  
**West Hartford Big Y**  
772 North Main Street

Have you had weight loss surgery or plan to have it soon? Come walk the aisles and learn how to choose foods that will help you reach your weight loss goals.



**April 6**

### ***Meet & Greet: Ask the Dietitian***

12:00 – 1:00 PM  
**Tolland Big Y**

**33 Fieldstone Commons**  
Have your nutrition questions answered by an expert for FREE. From diabetes to food allergies, we have you covered.



**April 6**

### ***Meet & Greet: Ask the Dietitian***

2:30 – 3:30 PM  
**Tolland Big Y**

**33 Fieldstone Commons**  
Have your nutrition questions answered by an expert for FREE. From diabetes to food allergies, we have you covered.



**April 11**

### ***Allergy Awareness***

11:30 AM – 1:00 PM  
**Rocky Hill Big Y**  
1040 Elm Street

Eating with a food allergy doesn't have to be boring. Come taste delicious snacks made specifically for those with food allergies.



**April 12**

### ***Building Better Meals***

5:45 – 7:00 PM  
**Meriden Big Y**

**533 South Broad Street**  
Learn nutrition-approved tips for building better meals that look appetizing, taste great and keep you feeling full.



**April 13**

### ***Allergy Awareness***

11:30 AM – 1:00 PM  
**Ellington Big Y**  
135 West Road

Eating with a food allergy doesn't have to be boring. Come taste delicious snacks made specifically for those with food allergies.



**April 25**

### ***Building Better Meals***

10:30 – 11:45 AM  
**North Haven Big Y**  
345 Washington Avenue

Learn nutrition-approved tips for building better meals that look appetizing, taste great and keep you feeling full.



Visit [bigy.com/livingwell/getsocial](http://bigy.com/livingwell/getsocial) for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.